

MOVE @ NOON

Pack Square Park Roger McGuire Green

Take a break from work and get moving!
Join us for lunchtime workouts in the park.

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| 5/5 | Circuits in the Park |
| 5/12 | Hula Hoop |
| 5/19 | Line Dancing |
| 5/26 | Tabata |
| 6/2 | Low Impact Aerobics |
| 6/9 | Circuits in the Park |
| 6/16 | Line Dancing |
| 6/23 | Core and Balance |
| 6/30 | Yoga |

No equipment needed but don't forget a bottle of water.
FREE! And open to the public!

ASHEVILLE
Parks & Recreation

